

SWIM LESSONS

The Crandall Swim Complex offers a variety of swim classes to help every level of swimmer become the best swimmer they can be.

Lessons are 30 minutes long and run Monday thru Thursday for 2 weeks.

\$40.00 per session

Session Dates:

6/13 - 6/23

6/17 - 7/07

7/11 - 7/21

*7/25 - 8/04

*Evening Sessions available.

Classes:

Parent and Tot – great for parents with children under the age of 4 who want their children to be comfortable in the water.

Times: Every half hour from 9:00 – 11:30AM

Tot – great for kids ages 3 – 5 who need to learn basic water skills. This class is great for kids who are still getting used to the water, but not ready for swim lessons.

Times: 9:30, 10:30 and 11:30AM

Level 1 – get kids ready to learn to swim. Learning to use arm and legs together and breathing while in the water.

Times: 9:00, 10:00, 11:00AM

Level 2 – helps children further develop their skills in the water by teaching them entry skills, submerging and breath holding skills.

Times: Every half hour from 9:00 – 11:30AM

Level 3 – provides children with proper diving and floating techniques and introduces swim stroke techniques.

Times: Every half hour from 9:00 – 11:30AM

Swimmers – helps children develop their stroke and treading techniques.

Times: Every half hour from 9:00 – 11:30AM

City of Kingsburg **Crandell Swim Complex**



Aqua Aerobics begins:
Monday, May 2nd

Regular season begins:
Monday, June 13th

(559) 897-5821

www.cityofkingsburg-ca.gov

For more information
check out our page!



City of Kingsburg



Crandell Swim Complex

2016
Summer
Program Guide

**Parks
Make
Life
Better!**

LAP SWIMMING

Lap swimming is a great whole body exercise. Lap Swimming provides muscle tone, increases endurance and improves cardio vascular health.

Lap Swimming is available to persons 14 years and older unless under the supervision of an adult guardian.

Cost: \$2.00/person or \$25.00/person/month
Times: Times for Lap Swimming vary so please pick up a schedule with dates and times.

AQUA AEROBICS/AQUA THERAPY

Aqua Aerobics is an excellent exercise which combines the use of resistance and buoyancy.

The benefits of Aqua Aerobics provide the benefits of strength training, cardio endurance and coordination development.

Aqua Therapy is a low impact strength training exercise that can provide long-term health benefits. Aqua Therapy is recommended for those who are recovering from an injury or have a medical condition.

Aqua Aerobics and Aqua Therapy is available to persons over the age of 14. Any person under the age of 18 must be in attendance with an adult guardian.

Participants are encouraged to check with your physician prior to starting Aqua Aerobics and Aqua Therapy as some of the classes may be high intensity.

Cost: \$3.50/person/class OR
\$40.00/person/month

Season passes are available for \$175.00/person
(Season – May thru September)

PUBLIC SWIM

Public Swim is a great way to spend the day. The Crandell Swim Complex is a great place for all ages to come.

The Crandell Swim Complex offers diving boards, lot of open swim areas, restroom facilities and a snack bar.

Cost: \$2.00/child (under 12)
\$2.50/adult

\$1.50/non-swimmer

Month passes are available \$40.00/person.
Mon-Sat 12:00PM to 4:00PM

NIGHT SWIM

Looking for some family fun on those hot Friday nights? Stop by the Crandell Swim Complex for Night Swim.

Full service snack bar and pool fun.

\$2.00/person

\$1.50/non-swimmer

\$20.00 – Family Fun Pack

(Includes: Entrance for 4,

4 hamburgers/hotdogs, 4 chips and
4 large drinks)

Friday 7:00PM to 10:00PM

JUNIOR LIFEGUARD PROGRAM

Want to know if you have what it takes to be a Lifeguard?

This 4 weeks educational training offers you the chance to learn what it takes to be a lifeguard and providing you with the fundamental skills you will need to be a great guard.

Classes start the 3rd week of June with opportunities for additional training.

This program is available for kids ages 11 – 14.

Cost: \$50.00/participant

POOL RENTALS

Want to have your next party at the Crandell Swim Complex!

The Crandell Swim Complex offers Exclusive Use parties and Public Swim Parties.

Exclusive Use parties allow for just your party to be at the facility. You can have up to 250 people. Each rental is subject to a 2 hour minimum rental.

Cost:

1 – 50 people \$75.00/hour

51 – 75 people \$85.00/hour

76 – 100 people \$95.00/hour

101 – 150 people \$150.00/hour

151 – 200+ people \$150.00/hour

PLUS 9.00/hour for additional staffing

\$20.00 Non – Resident fee will be added to all renters who are not residents of Kingsburg.

Availability is based on first come first serve.

Rental times:

Saturdays from 5:00PM to 10:00PM

Sundays from 11:00AM to 10:00PM.

Public Swim Rental allow for your party to have use of the picnic area and access to the pool. Public Swim Parties can have up to 40 people.

Cost: \$25.00, plus entrance costs.

Availability is subject to first come first serve.

Rental Times: 12:00 – 4:00PM

Monday thru Saturday.

Any rental not complying with their agreements void their right to use and any future use.

